Encountering the Gray Man

A Haunting in Carmichael

By Paul Dale Roberts, Halo Paranormal Investigations

On May 19, 2024, the Paranormal Hotline rang. I picked up on the second ring. A woman named Dallas from Carmichael, California, was on the line, describing a haunting that had her and her husband, Robert, deeply unnerved.

They were being tormented by the presence of a man in a gray suit, a figure that looked as though he had just stepped out of a black-and-white TV show. His entire body, including his face and hands, was a uniform shade of gray.

The haunting began eight months ago. Dallas first encountered the Gray Man while watching TV in her living room. Without warning, he stepped out of the wall and simply stared at her. Dallas was paralyzed with fear, unable even to scream. After what felt like an eternity, the Gray Man faded away. When she told Robert about the incident, he dismissed it with laughter. However, Robert's skepticism didn't last long.

Two days later, while Robert was cooking French fries and salmon, the Gray Man appeared again. This time, the figure walked into the kitchen and pointed at a pot of cooking oil. The pot began to shake, causing hot oil to splatter onto Robert's bare arms, burning him. As Robert yelped in pain, the Gray Man gave him a wicked smile and vanished. Robert noted that the figure seemed to flicker, as if it were a projection from a TV set.

Intrigued by the strange details, I talked with Robert about how long they had owned their TV. He mentioned they had purchased it from his cousin six months ago. When I inquired further about his cousin, Robert revealed that his cousin was a Satanist, with a home filled with black magic memorabilia. This revelation raised my suspicion that the TV might be cursed or have some form of attachment.

The disturbances continued. Robert and Dallas reported hearing loud pounding on the walls, so intense that they initially assumed it was coming from their neighbors in the apartment complex. However, one night, when the pounding was particularly severe, Robert checked with the neighbors and found they weren't even home. The eerie phenomena escalated with the bed shaking violently and Dallas discovering claw marks on her shoulders.

At this point, I decided it was time to investigate in person. Accompanied by our team's psychic medium Wish Fire, we visited their apartment in Carmichael. Wish Fire immediately detected cold spots in the home and even witnessed a grayish hand emerging from the sofa. Although I took several photos, I didn't capture any anomalies.

However, during an EVP sweep of the apartment, I recorded a hissing sound in the bedroom. While talking with Dallas, I noticed her hair on the right side of her head lifting slightly, as if someone was tugging it — something Dallas said happened regularly.

The investigation concluded with a Roman Catholic house blessing, and Wish Fire performed a metaphysical cleansing. We also blessed the TV, suspecting it could be the source of the haunting. Dallas and Robert agreed to undergo a full submersion baptism, a basic form of exorcism, to remove any attachments.

Curious about the identity of the Gray Man, I did some research after returning home. I discovered the legend of a Gray Man ghost from South Carolina, a spirit said to warn residents of impending storms. Although I doubt the Gray Man of Carmichael is the same entity, the similarities are striking — especially since Dallas was born in South Carolina and had been frightened by stories of the Gray Man as a child.

Could this entity be tapping into Dallas's childhood fears? The case remains open as we wait to see if the cleansing and blessings bring peace to Dallas and Robert. ◆